

SELF-CARE ACTIVITIES TO HELP REDUCE BURNOUT IN RN'S

BURNOUT



Emotional, Mental, and Physical exhaustion related to stressors at work

70%

1 SLEEP

Getting 7 hours or more of restful sleep

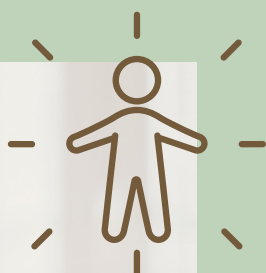


2 EXERCISE

Can help reduce stress and improve not only physical but mental health as well

3 YOGA

The use of yoga showed results of higher self-care and less emotional exhaustion



4 MEDITATION

The use of meditation helps your mind stay in the present and get to a state of calmness